AtmaShatkam / NirvanaShatkam
आत्मषट्कम् / निर्वाणषट्कम्

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Stanza 1

मनोबुध्यहङ्कारचित्तानि नाहं
न च श्रोत्रजिह्वे न च घ्राणनेत्रे ।
न च व्योमभूमिर्न तेजो न वायुः
चिदानन्दरूपः शिवोऽहं शिवोऽहम् ॥१

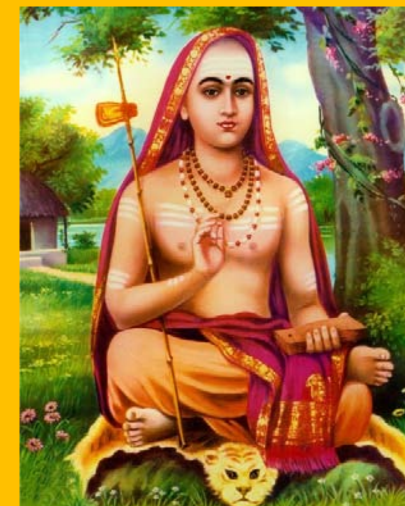




I am neither the mind, nor the intellect, nor the ego, nor the mind-stuff;
I am neither the body, nor the changes of the body;
I am neither the senses of hearing, taste, smell, or sight,
Nor am I the ether, the earth, the fire, the air;
I am Existence Absolute, Knowledge Absolute, Bliss Absolute; I am He, I am He. (Shivoham, Shivoham).

Stanza 2

न च प्राणसंज्ञो न वै पञ्चवायुः
न वा सप्तधातुर्न वा पञ्चकोशः ।
न वाक् पाणिपादौ न चोपस्थपायू
चिदानन्दरूपः शिवोऽहं शिवोऽहम् ॥२





**I am neither the Prâna, nor the five vital airs;
I am neither the materials of the body, nor the five sheaths;
Neither am I the organs of action, nor object of the senses;
I am Existence Absolute, Knowledge Absolute, Bliss Absolute; I am He, I am He. (Shivoham, Shivoham).**

Stanza 3

न मे द्वेषरागौ न मे लोभमोहौ
मदो नैव मे नैव मात्सर्यभावः ।
न धर्मो न चार्थो न कामो न मोक्षः
चिदानन्दरूपः शिवोऽहं शिवोऽहम् ॥३





I have neither aversion nor attachment, neither greed nor delusion;
Neither egotism nor envy, neither Dharma nor Moksha;
I am neither desire nor objects of desire;
I am Existence Absolute, Knowledge Absolute, Bliss Absolute; I am He, I am He. (Shivoham, Shivoham).

Stanza 4



न पुण्यं न पापं न सौख्यं न दुःखं
न मन्त्रो न तीर्थं न वेदा न यज्ञाः ।
अहं भोजनं नैव भोज्यं न भोक्ता
चिदानन्दरूपः शिवोऽहं शिवोऽहम् ॥४



**I am neither sin nor virtue, neither pleasure nor pain;
Nor temple nor worship, nor pilgrimage nor scriptures,
Neither the act of enjoying, the enjoyable nor the enjoyer;
I am Existence Absolute, Knowledge Absolute, Bliss Absolute; I am He, I am He. (Shivoham, Shivoham).**

Stanza 5

न मे मृत्युशङ्का न मे जातिभेदः
पिता नैव मे नैव माता न जन्म ।
न बन्धुर्न मित्रं गुरुर्नैव शिष्य:
चिदानन्दरूपः शिवोऽहं शिवोऽहम् ॥५

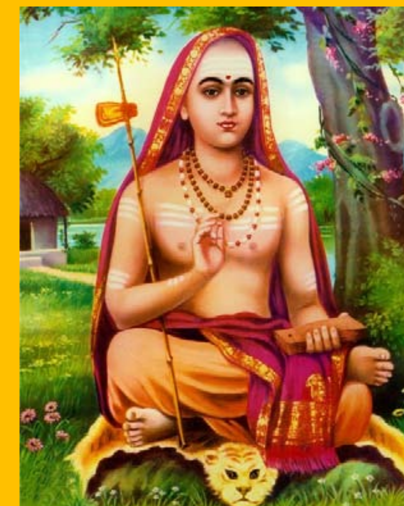




I have neither death nor fear of death, nor caste;
Nor was I ever born, nor had I parents, friends, and relations;
I have neither Guru, nor disciple;
I am Existence Absolute, Knowledge Absolute, Bliss Absolute; I am He, I am He. (Shivoham, Shivoham).

Stanza 6

अहं निर्विकल्पो निराकाररूपो
विभुर्व्याप्य सर्वत्र सर्वन्द्रियाणि ।
सदा मे समत्वं न मुक्तिर्न बन्धः
चिदानन्दरूपः शिवोऽहं शिवोऽहम् ॥६

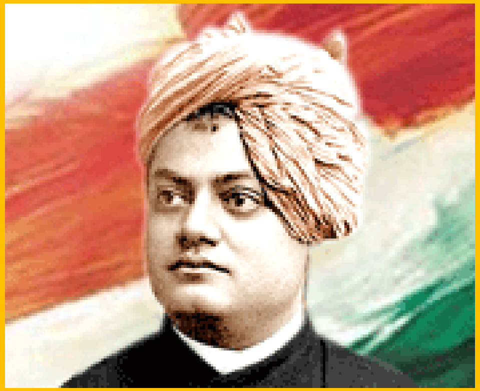




I am untouched by the senses, I am neither Mukti nor knowable;
I am without form, without limit, beyond space, beyond time;
I am in everything; I am the basis of the universe; everywhere am I.
I am Existence Absolute, Knowledge Absolute, Bliss Absolute; I am He, I am He. (Shivoham, Shivoham).

Always, remember thy Glory!!

Strength, strength is what the Upanishads speak to me from every page. This is the one great thing to remember, it has been the one great lesson I have been taught in my life; strength, it says, strength, O man, be not weak. Are there no human weaknesses? — says man. There are, say the Upanishads, but will more weakness heal them, would you try to wash dirt with dirt? Will sin cure sin, weakness cure weakness? Strength, O man, strength, say the Upanishads, stand up and be strong. Ay, it is the only literature in the world where you find the word "Abhih", "fearless", used again and again; in no other scripture in the world is this adjective applied either to God or to man. Abhih, fearless!



Swami Vivekananda (Complete Works – Volume 3, Page 237)

References

- Sanskrit text of Atmashatkam taken from http://www.celextel.org/adisankara/nirvanashatkam.html
- Translation by Swami Vivekananda taken from http://www.ramakrishnavivekananda.info/vivekananda/volume_4/writings_poems/nirvanashaktam.htm
- Atmashatkam prepared in Devanagari Script using BarahaPad (available at http://baraha.com/)
- Vocals taken from the album ‘Sacred Chants of Shiva’ sung by Ms. Bhanumati and Ms. Urmila (Art of Living)